



# Striking - Muay Thai/Boxing

	Monday		Tuesday			Wednesday		Thursday		Friday	
	Area 1	Area 2	Area 1	Area 2	Area 3	Area 1	Area 2	Area 1	Area 2	Area 1	Area 2
	Morning										
6.00am	Sunrise Boxing 6.00-7.00am					Sunrise Boxing 6.00-7.00am				Sunrise Boxing 6.00-7.00am	
10.00am			Women's Boxing 10.00-11.00am					Women's Boxing 10.00-11.00am			
	Evening										
5.30pm	Open Drilling 5.30-6.30pm	MT Fighters 5.30-6.30pm	Open Drilling 5.30-6.30pm	MT Fighters 5.30-6.30pm		Open Drilling 5.30-6.30pm	MT Fighters 5.30-6.30pm	Open Drilling 5.30-6.30pm	MT Fighters 5.30-6.30pm	Open Drilling 5.30-6.00pm	
6.30pm	Women's KB 6.30-7.30pm	MT Inter 6.30-7.30pm	MT Inter Sparring 6.30-7.30pm	MT Adv 6.30-7.30pm	Boxing 6.30-7.30pm	Women's KB 6.30-7.30pm	MT Inter 6.30-7.30pm	MT Adv & Inter 6.30-7.30pm	Boxing 6.30-7.30pm	Striking 6.00-7.00pm	
7.30pm	MT Fund 7.30-8.30pm		MT Inter 7.30-8.30pm	MT Fund 7.30-8.30pm		MT Sparring 7.30-8.30pm	MT Fund 7.30-8.30pm	MT Fund 7.30-8.30pm	Stretch and Flow 7.30-8.30pm	Open Drilling 7.00-7.30pm	
8.30pm	Open Drilling										
9.00pm	Gym Close										

	Saturday		
	Area 1	Area 2	Area 3
9.00am	Boxing 9.00-10.00am	Women's KB 9.00-10.00am	MT Adv 9.00-10.00am
10.00am	MT Funds 10.00-11.00am	MT Spar/Clinch 10.00-11.00am	
11.00am	MT Inter 11.00-12.00pm	Stretch and Flow 11.30-12.30pm	
12.30pm			
12.30pm	Gym Close		